



# Osborn Aquatic Center

## March Indoor Lighting Project Modified Pool Schedule March 14 – 25 (Monday – Friday)

	Lap Swim		Open Recreation*	
	Indoor	Outdoor	Indoor	Outdoor
<b>Monday</b>	5:30 - 7 am 3:30 - 7:30 pm	7 am - 3:30 pm	3:30 - 5 pm	11:30 am - 3:30 pm
<b>Tuesday</b>	5:30 - 7 am 3:30 - 7:30 pm	7 am - 3:30 pm	3:30 - 5 pm	11:30 am - 3:30 pm
<b>Wednesday</b>	5:30 - 7 am 3:30 - 9 pm	7 am - 3:30 pm	3:30 - 9 pm	11:30 am - 3:30 pm
<b>Thursday</b>	5:30 - 7 am 3:30 - 7:30 pm	7 am - 3:30 pm	3:30 - 5 pm	11:30 am - 3:30 pm
<b>Friday</b>	5:30 - 7 am 3:30 - 9 pm	7 am - 3:30 pm	3:30 - 9 pm	11:30 am - 3:30 pm
<b>Saturday</b>	10:30 am - 4 pm	NA	1 - 4 pm	NA
<b>Sunday</b>	1 - 4 pm	NA	1 - 4 pm	NA

\*Pool space is multi-programmed and may be limited at certain times.

Thank you for your patience during the re-lighting project in the natatorium. Pool access will be available throughout the day, however there will be several hours each day when lap swimming, exercise classes, etc. will be located in the Outdoor Pools as described. The outdoor pools will be heated however be prepared for outdoor weather conditions. Locker Rooms and Lobby will be available as normal.

### Osborn Aquatic Center

1940 NW Highland Drive  
Corvallis Oregon 97330  
541-766-SWIM (7946)  
[corvallisoregon.gov/pool](http://corvallisoregon.gov/pool)

***See other side for Modified Exercise Classes Schedule***



# Osborn Aquatic Center

## March Indoor Lighting Project Modified Exercise Classes Schedule March 14 - 25 (Monday – Friday)

### Outdoor Pool Exercise Schedule

Location	Class Title	Days	Times
<b>Splash Down (bottom of slide)</b>	“Warm” Water Workout	M,W,F	8 - 8:45 am
	Ai Chi	TU,TH	8 - 8:45 am
	“Warm” Water Workout	M,W,F	11:15 am - 12 pm
	“Warm” Water Workout	M W	10:30 - 11:15 am
<b>Water Channel</b>	Shallow Water Workout	M - F	8 - 8:45 am
	Steady Strides Workout	M,W,F	9 - 9:45 am
	High Noon Challenge	M,W,F	12-12:45 pm
<b>Outdoor Lap Pool</b>	Deep Water Workout	M,W,F	7 - 7:45 am

### Indoor Pool Exercise Schedule

Location	Class Title	Days	Times
<b>50 Meter Pool</b>	Aquatic Movement	TH	4 - 4:45 pm
	Shallow Water Workout	M - TH	5:10 - 5:55 pm
	Hydro-cize Workout	M - TH	6:00 - 6:45 pm
	Deep Water Workout	TU,TH	6:45 - 7:30 pm
<b>Therapy Pool</b>	Therapeutic Exercise	TU,TH	5:10 - 5:55 pm

*See other side for Modified Indoor and Outdoor Pool Schedule*